



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Apply the Feelings Kit in Your Daily Life by David Stewart

It has been said that when there is a conflict between reason and feeling, human beings will always side with feeling. Therefore, if you want your life to be guided by good decisions that lead to health, happiness, and fulfillment, you need to be aware of and in control of your present feelings and to learn how to release the repressed emotions of the past.

Gary says, "Use the Feelings Kit. Apply feeling oils before work and every night before bed. Do this for 30 days and you will change your life."

VALOR—Put Valor Oil on the soles of both feet at nighttime along with Highest Potential Blend. These blends are effective to erase limited thinking. Valor balances and equalizes the body's energies thereby increasing oxygen intake to the pineal gland—the seat of our higher intelligence and intuitive faculties. You will wake up in the morning more self assured and more alive to start the day.

HARMONY—Massage one drop of Harmony Oil on each of the energy center points of your body. There are seven of them along the spine: Coccyx, Sacrum, Lumbar, Dorsal (heart), Cervical (where neck meets shoulders), and Medulla (hollow place at center base of skull), and Pineal (center of forehead). You can also massage Harmony on the crown of the head. Harmony balances the parasympathetic and sympathetic nervous systems which, in turn, gives us progressive creativity and feelings of confidence.

FORGIVENESS—Apply Forgiveness Oil around your navel with the right hand going clockwise several times and think of situations where you need to forgive yourself or others. Unforgiveness is one of the most common roots of physical, mental, and spiritual disease. Unforgiveness does not make the offending party sick. It makes us sick. Forgiveness is for our own benefit. It is accomplished in five steps. (1) Forgive yourself for allowing the person to affect your health and happiness. (2) Forgive the other person for

any harm he or she may have caused you. (3) Give the other person permission to forgive you. (4) See the good in the situation. (5) Be thankful for the experience and the lesson it taught you. Inhale and apply Forgiveness Oil while going through these steps and repeat as often as necessary to clear feelings.

RELEASE—Negative energy goes into the blood and then into the liver for cleansing where the toxins can remain trapped. Thus, the liver becomes a storage place for anger, resentment, bitterness, hatred, jealousy, envy, addictions, and a host of destructive feelings. Apply a few drops of Release Oil on your tongue to release the poisons of stored emotions from the liver. Rub Release over the liver area. Drink pure water and do a liver cleanse.

PRESENT TIME—When we live in the past or dwell on the future, we are not being productive in the present. Energize three drops of Present Time by making clockwise circles on the oil in the palm of your hand and then apply it to your thymus (the gland just under your sternum or breastbone). Besides keeping you focused on the tasks of today, this can also help you financially by increasing your abundance consciousness in the present.

INNER CHILD—"When you are a child all things are possible. There are no limitations," says Gary Young. "When you find your inner child, you have found your true self. The child in you is your creativity." Apply one drop of Inner Child onto the pad of your thumb and then place your thumb onto the roof of your mouth. This opens the cranial sutures and stimulates the pineal, pituitary, and other organs of the emotional brain that occupy the space just above the roof of your mouth. Walking backward while you have your thumb in your mouth looks stupid but it changes the rotation in the pelvis, elongating the spine, and decompressing the discs in your back. Thus, you can clear the nerve channels for energy to flow smoothly throughout your brain and body.

Thanks for this great information David!



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The Downstream Dangers of Your Perfume

By Robert C. Cowen

Christian Science Monitor 2006

That morning trip to the bathroom – to brush your teeth, wash your hair, and put on perfume or cologne – may not be as benign as you think.

Every day, those chemicals wash down the drain. While they are not themselves poisonous, they may affect biological processes in unexpected ways. Now, Stanford University biologists have the mussels to prove it.

Welcome to the new science of ecotoxicology in which scientists try to understand how the synthetic chemicals we're pouring into our environment affect the way earthly life goes about its business. Recent research about musk fragrances and mussels illustrates this point. When gills from live mussels were exposed to water with low concentrations of six commercial musks, they were not poisoned, point out postdoctoral fellow Till Luckenbach and Prof. David Epel of Stanford. That was expected. But after two hours, the researchers washed the gills and put them in musk-free water that also contained a red dye. Cells in the gill tissue took up the dye. That was not expected.

Those cells have a mechanism to detect a foreign substance, such as the dye, and keep it out. That worked for cells not exposed to the musk in the first place. Cells that had been exposed lost this natural defense. That finding has a disturbing global implication, notes the California Sea Grant program, which provided part of the funding for the study. Cells in many animal species, including humans, use the same protective mechanism to ward off foreign substances.

These musks, used to improve the smell of everything from detergents and soap to air fresheners and shampoo, are pouring into our environment. So are other synthetic fragrances.

Sewage treatment does not remove them. They build up in human tissue as well as in fish and invertebrates such as mussels. An unexpected question has been raised about a possible health risk that now should be investigated. Laboratory research that leads to wider study is a hallmark of ecotoxicology.

Scientists wouldn't know what to look for in the field without it. Yet, "it is a virtual certainty that other effects are occurring in the field that we are presently overlooking in the lab," note the editors of *Environmental Science & Technology*, an American Chemical Society journal, which devoted a special issue to this new science. "How can all biodiversity be protected from the myriad of chemicals they are now exposed to, when ... we do not even know what is there?"

Synthetic fragrances found in perfume, personal care and household cleaning products negatively impact the environment

Japan has already banned the most common of these chemical compounds, musk xylene, and Germany has put into effect a voluntary ban on the stuff. Elsewhere, including the United States, musk xylene is still heavily used, except in products applied orally, such as lipstick. Developing nations struggling to build their economies sometimes criticize such research as a rich country's luxury. The international effort to build up that research is vital to everyone on the planet "if we are to protect our living heritage from the cocktail of chemicals present in all environments."

Essential oils may cure ear infections

NEW YORK (Reuters Health) - Applying certain essential oils to the ear canal appears to be an effective treatment for ear infections, findings from an animal study suggest.

"If toxicity studies confirm the safety of (anti-bacterial) essential oil components for use in the ear, then a significant advance can be made" in the treatment of ear infections, the investigators conclude in the *Journal of Infectious Diseases*.

The vapors that are released by essential oils, such as oil of basil, have been shown to have rapid bacteria-killing effects. Topical therapy for ear infections is usually not recommended because most drugs are in a liquid form that cannot penetrate the eardrum to reach the infected middle ear. However, the vapors from essential oils may be able to diffuse through the eardrum and destroy the microbes present.

To investigate, Dr. Karl G. Kristinsson, from Landspítali University Hospital in Reykjavik, Iceland, and colleagues tested oil of basil, various essential oil components, and inactive "placebo" on rats with experimental ear infections.

Treatment with the oils cured up to 81 percent of the animals. With placebo, by contrast, cure rates did not exceed 6 percent.

The team notes that, based on their properties, essential oils may be able to destroy a variety of bacteria that can cause ear infections. They also point out that essential oils are generally considered to be safe.

SOURCE: *Journal of Infectious Diseases*, June 1, 2005.

**A New Economy and
A New Opportunity
by Carl Janicek**

Much of the news recently delivered by the corporate media has focused on two news themes: The election of our new president bringing in hope and expectations, and our economic crisis. While the government struggles to raise itself out of the muck created by years of a lack of ethics, poor oversight and sloppy resource management, many of us have hopeful, high spirits and are capable of seeing new ways to live and succeed as envisioned by so many.

One of my early visionary homeopathic instructors, Dr. William Nelson, once told us, "Dinosaurs scream the loudest just before they hit the ground!" We are now leaving the era of the industrialized fossil fuel economy and industrialized health care system and entering into the age of the bio-economy based on science instead of past political attachments and ideas. It will cause stress and challenging displacement for some individuals, especially those unable or unwilling to change from the old ways.

We, as American citizens, are caught up in a struggle and a reminder of the need to take personal responsibility for our income, our education, and our overall well being. This reorganizing effort includes physical, emotional and spiritual health, and wealth.

**Recovery of Self
Recovery of Others
Recovery of Environment**

We are also being reminded that this planet, biosphere, and habitat are home, and we have the responsibility to steward it the best we can for our future generations. We are a key determining element in the circle of life in our world. It is true, there are many among us who appear inca-

pable of sharing in the vision of a world of people living in harmony with nature and each other, however this is the course of current human evolution. As a group and a species, we must evolve or degenerate, and these choices are upon us now.

While the economic news has become predominantly negative for so many, I have noticed that our Young Living community is actually prospering and growing. Maybe this success is due to the spiritual life vision that so many of us share; maybe it is due to the power of our Creator urging us on; maybe it is simply our desire to live a life of vitality and health regardless of what everyone else chooses. I am not sure. The YL community does seem to share a common underlying belief - to simply enjoy making our world a better place to live.

This I can tell you: December was the largest volume month for my business organization since I became a distributor fifteen years ago. This is an amazing time for those of us who choose to build our Young Living business. During the next 6 months, a key time for growth and change, Young Living will be the business of choice for many people who have dreamed of being independent entrepreneurs. It is extremely important that we as distributors share our opportunity with those around us now.

You will be surprised at the highly qualified people who are looking for a new way to earn a living working in a green occupation based on helping others. Remember, we are a team, a network, and a community of people who are vital and visionary, and we need to share our stewardship with as many others as possible. There is strength in our numbers being great and growing.

**Finding, Enrolling
& Educating**

Finding, enrolling and educating is our work, our business, and our fu-

ture as Young Living Distributors. As the new year unfolds, I invite you to make it YOUR best year yet!

More and more people are choosing to begin a business based on a more efficient model of network distribution with a minimal start up cost. More people are choosing to be responsible for their own health and wellness in a world where their insurance may be too expensive or may simply no longer be available. Remember to invest in yourself by becoming healthy during these times when so many are not. Young Living has the tools and provides the educational foundations. Young Living is here for us all! Share Young Living with anyone and everyone. Find your voice and stand in your power, because as always, your fears are your greatest limitations.

Now is also the time to be writing to your government representatives. If you ever want to be heard, now is the time, at least there may be someone listening. Voice your opinion about the kinds of healthcare you would choose to have.

Natural, God-given healthcare is far less expensive and more effective than many aspects of industrialized healthcare. Unfortunately some people still think the government can run a healthcare system. The drug and insurance companies have millions of dollars to lobby with, so how will you get anything other than more of the same expensive and often dangerous treatments - which in many cases are not the best care?

Look at our current situation: if war veterans can't get quality care, then I seriously doubt the ability of our government to be trusted with our health. If the government proves that it can provide excellence in cost effective care to our military veterans, including natural wellness programs, then maybe we could look for a similar model of care to expand health coverage to the public for a reasonable fee. Only time will tell...

Basic Nutrition 101
With Young Living Essential
Supplements and Oils
 by Allyn Breech

We are all living on this planet doing the best we can, but sometimes our bodies become out of balance. Environmental toxins, processed foods, agri-chemicals, over-consumption, bad habits, and daily stress all contribute to body imbalance.

I have found the most effective way to retain my balance is with organic whole foods, whole food supplements (synthetic supplements do more harm than good!), pure water, and enzymes that detoxify my body. Making sure my cells get exactly what they need can alleviate almost all medical conditions. Taking costly pharmaceuticals will not address most of the causes for our wide-range of DIS-eases. They tend to only mask the symptoms rather than finding the root cause.

All of your energy and the basic nutrition you need for growth and repair of your organs and tissues comes from ingesting food and drink! Digestion is coordinated by the hypothalamus, nerves, and hormones. Eating the correct foods in the correct ratio is the MOST IMPORTANT THING you can do to improve your digestive health. This is the cornerstone of preventative medicine.

Simply supplementing your diet with essential fatty acids, the proper essential sugars, enzymes, and probiotics can restore your basic health. How will you know what you need?

Well, Young Living makes this process easy for us! They have taken the guess work out of shopping for supplements, as their products are all nutritionally complete and quality-tested, and made from whole, organic food sources. You can order them online or by phone and they arrive quickly at your door.

I have done some research while using these products to enhance my health. The following list of YL whole food based nutritional products will help you to better determine which supplements are right for you.



MEAL REPLACEMENT

Young Living makes three different types of organic, readily available protein products. **Balance Complete** is a complete meal replacement consisting of organic whey protein, fiber and phyto-nutrients. **Pure Protein Complete** provides 20 grams of bioactive organic whey protein. **Power Meal** is a complete vege-

tarian protein meal replacement made from rice protein and wolfberries.

PREMIER YL PRODUCTS

Ningxia Red is a health drink scientifically formulated with a blend of Chinese wolfberries, fruits and essential oils. It includes the essential sugars lacking in most western diets for optimum cell function. It is high in antioxidants, vitamins, minerals, amino acids, zeaxanthin, lutein as well as protein. It has a low glycemic index. It promotes liver detoxification by hooking on to chemicals and dragging them

out of the body! It also has been shown to reverse aging. It balances pH levels. This is the perfect antidote for our busy lifestyles!

Omega Blue Softgels is especially formulated for essential fatty acid support. They contain a blend of pure fish oils (tested for mercury and toxins) and essential oils in an enteric coated softgel capsule.

Life 5 is a supplement for probiotic support of the digestive system containing five different strains to promote immunity, infection resistance, and vitamin synthesis.

ENZYMES

High quality enzyme blends aid digestion and help eliminate toxic waste from your body. **Essentialzyme** and **Detoxzyme** (cleansing); **Carbozyme**, **Polzyme** and **Allerzyme** (anti-inflammatory); **Lipozyme** and **Fiberzyme** (yeast/fungus and aids absorption), **KidsScents MightyZymes** (chewable enzymes).

Gary Young has found through his research that children who have not been breast fed have no amylase in their intestines to break down their food. This can be linked to the numerous allergies children have today.

MULTI-VITAMINS

True Source made from vegetables and fruits for wholefood vitamin and mineral supplementation. These are packets of three different capsules.

KidsScents MightyVites chewable vitamins made for children.

Multigreens are a natural sustainable energy source of sea vegetables, bee pollen and essential oils designed to increase assimilation of nutrients and metabolism.

HORMONE BALANCE

If your hormones are out of balance nothing else in your body can be in homeostasis. I recommend getting a hormone panel for men and women alike from your doctor. Longtime use of synthetic hormones can be hazardous to health.

Endogize supplement balances hormones in both men and women; **SclarEssence** oil blend helps balance hormones naturally using phyto-estrogens; **Estro** is an herbal tincture for estrogen support; **Ultra Young Spray** boosts DHEA naturally; **Progescence Cream** is used to combat estrogen dominance and boost progesterone levels formulated for women over 40; **ProGen** is designed for men to improve prostate function; **PD 80/20** are capsules containing pregnenolone and DHEA; **Thyromin** is for nourishing the thyroid, balancing metabolism and reducing fatigue; **Women's**

CortiStop is designed to control cortisol levels when one is under stress.

CLEANSING/DETOX

Cleansing and detoxifying the colon and liver are important parts of rebuilding health. I strongly suggest **JuvaCleanse** essential oil blend to help cleanse your liver of toxins and to chelate heavy metals. Take it internally in water for fast-acting support. **Juvatone** is an herbal supplement designed to support and rebuild the liver, and is great to take for daily liver maintenance. The liver cleansing process can take about two years - be prepared for the expulsion of toxins and drink plenty of water. Our motto, "Better out than in!" **Digest+Cleanse** softgels soothes and heals the intestines. **Comfortone** is an herbal laxative that enhances colon and digestive functions and dispels toxins and parasites. (I never travel without it!) **ICP (Intestinal Cleansing Product)** is a multiple fiber beverage to aid in normal bowel function. **Chelex** is a tincture that helps chelate and neutralizes heavy metals.

SUPPORT PRODUCTS

In addition to these supplements I recommend **CardiaCare** to strengthen and support your heart with the essential nutrient Coenzyme Q10 for converting food to energy. **BLM** capsules have been invaluable for keeping my bones, ligaments and muscles strong and functioning properly. **Mega-Cal** is a high-powered bioavailable calcium mineral complex that you can trust to be utilized fully. Most calcium on the market is not readily absorbed. **Super C** is a balanced blend of synergistic

ingredients for maximum Vitamin C absorption. Finally, don't forget **AlkaLime**, a mineral powder to help preserve the body's proper pH. A neutral or alkaline pH in your body is essential for overall wellness and health, and all the YL nutritional products will work most efficiently when your pH is in balance.

A properly functioning system also needs Vitamin D. You must supplement with at least 1000 IU daily!

Eating organic fruits, vegetables, meats and wild fish will also go a long way to resolving many health issues. Eat only complex carbohydrates and sugars and avoid refined ones such as white flour and sugar products to allow your body to return to balance.

We are a country largely in dietary denial because we have been brain washed, as have our healthcare providers. We must take a hard look at the paths that lead to the DIS-ease we are experiencing and choose a different road. As I have, I invite you to get involved in the process of learning about your food and where it comes from. Learn to grow your own from organic seeds and soil. Be proactive in your health, your diet, and your life!

You can read in greater detail about these products on the Young Living website www.young-living.us.

For useful and informative educational resources prepared by experts, such as the **Essential Oil Desk Reference**, please visit www.essentialscience.net.

Or contact Allyn, YL Independent Distributor, at abreech370@aol.com with your questions.

IDAHO BALSAM FIR

Gary Young Conference Call Notes

Sent in by Wolfgang & Terry Hermann, 1/28/2009

Not sure if any of you listened to the conference call last night with Gary Young. He is in northern Idaho, on the Canadian border, for the harvesting and distilling of our beautiful Idaho Balsam Fir essential oil (one of my favorites!). He said it was a balmy 9 F degrees, and it had snowed 5 inches in the last 3 hours!

Why on earth, are you wondering, are they harvesting the balsam fir during this unforgiving, frozen, deep dark of winter? Well, Gary has cut, distilled and tested the fir during each month of the year, and found that its medicinal properties and chemical constituents were most potent during the most frigid time of winter. He said that the trees are saturated with the oils then, as the oils protect the needles from freezing.

There were several distributors on the line that were in Idaho to witness the trees being felled, chipped, transported 120 miles to the distillery and finally distilled. They said that just being in the presence of the freshly fallen trees and chippers was intoxicating! Even though it was freezing and they were working from sun up to sun down (and beyond), everyone was full of energy and in a good mood (a testimonial to the power of the oil). Gary truly is an expert in his field and the reason why we can be assured that we are getting the best quality oils on the planet! A lot of essential oil com-

panies don't even know their suppliers or the chemical properties of their oils!

Gary also said that if you hear people complain about the cost of our Young Living oils, then you can explain that others can perhaps produce oils much cheaper (by distilling faster, at high temperatures, at high pressure, to get more volume quicker ~ not to mention that often the oils are adulterated or contain additives to stretch them out) but it is always at the cost of the therapeutic and medicinal value of the oils. We have Grade A oils, safe enough to ingest, and that's the difference!

Do you know the properties of therapeutic grade **Idaho Balsam Fir**?

- ✓ Good for respiratory conditions
- ✓ Helps to reduce fever
- ✓ Wonderful for muscular, arthritic, and rheumatic pain, esp. for inflammation
- ✓ Heals cuts, infections, wounds
- ✓ Helpful for nervous tension, stress, anxiety, and depression
- ✓ It may enhance the production of hGH (human Growth Hormone) and reduce levels of cortisol
- ✓ Very effective for soothing overworked or tired muscles (balsam fir with marjoram), ligaments (balsam fir with lemongrass), tendons and joints
- ✓ Emotionally balancing, it creates a feeling of grounding, anchoring, and empowerment
- ✓ Stimulates the mind while allowing the body to relax
- ✓ It has been described as appealing, elevating and opening

ENJOY your Idaho Balsam Fir!

Sinus Infection Testimonial

I have suffered from chronic sinusitis for years. I had my nose broken twice as a teen, and along with my old smoking habits (I quit over seven years ago!) made me a good candidate for these infections that come at least two times every year. Working at Denver International Airport recently left me with the beginnings of a HUGE sinus infection. I read in my EO Desk Reference about oils that are good for sinuses. Each night I applied the following oils mixed together in my hand:

5 drops of carrier oil
4 drops of YL Thyme
4 drops of YL Peppermint

I rubbed this blend on my chest, thyroid, under my jaw, under my nose, and across my forehead. Any remaining oil I applied to the soles of my feet. I also diffused Lemongrass in my bedroom each night for an hour. I did this protocol for one week. My sinus infection never took hold and is gone! Love it! Paula

Young Living Essential Numbers

Automated Phone Ordering System (IVR)
1-888-880-1549

Live Order Entry Operators
1-800-371-2928 Mon-Fri 7am - 7 pm MST

Distributor Network Services
1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

Live Help Operators Mon- Fri 8am - 11pm
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Sunday 3pm to 11pm, MST

Essential Science Publishing
www.essentialscience.net

1-800-336-6308

www.youngliving.us

Part Two of Disease & Emotion by Gary Young

Read Part One of *Disease & Emotion* in our December 08/January 09 issue of *Message Scent* or visit www.dgaryyoung.com/blog

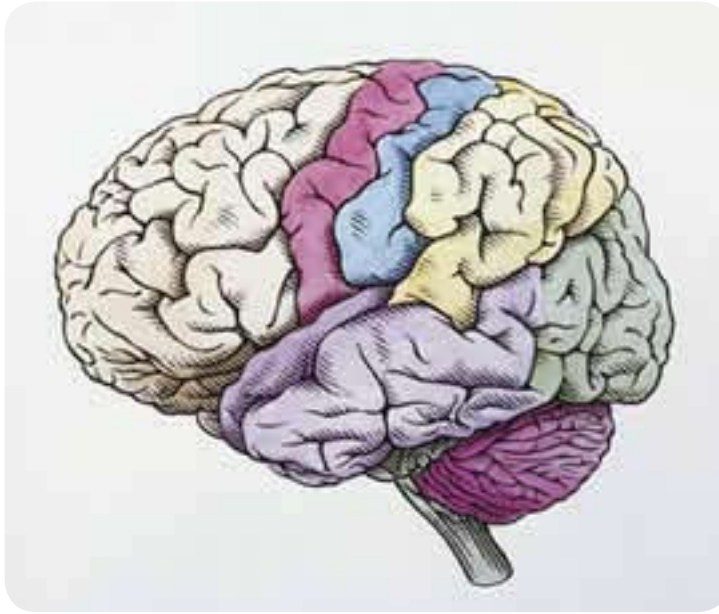
Now let's just come forward and look at the times when we have just been traumatized by events in our life. Think back to when you may have been broad-sided at an intersection or discovered that the bank didn't keep proper track of your account, or your check just bounced, or you just found out you got laid off from work, or you lost thousands in the stock market, or the business that you were building failed.

Whatever experience that you have had, go to a feeling that's not quite as traumatic and look at that and notice the feeling is the same but maybe not quite as intense, but it still affects the same mechanism and creates the same action internally. It shuts down the hormones first, and then the digestive system, and then the brain feels paralyzed and you're not able to think, you're not able to move forward. You don't know which way to take a step. You don't know what to do. You feel totally helpless and hopeless.

And then you lose your appetite. You don't want to eat. You can't stand to eat. Food looks horrible. There's nothing that's interesting. And then you go to the space where you say, "I just wish I could die. I've had all I can deal with. I can't take on any more." Does anyone relate?

Have you had someone call you up on the phone and say, "Do you know that so-and-so doesn't really like you?" Or they say something hurtful to you. Do you know what that person is doing to you when they say things like that? They are hurting you both physically and emotionally.

And what happens? Your intestines paralyze. Your heart freezes. You can't breathe. And all of a sudden you start to cry. Why would somebody do this to me? Why would somebody say that about me? Why does somebody feel that way about me? The moment that happens, do you know what's going on in your guts? It's called putrefaction, because the enzymes shut down and you stop digesting. And then any food that you put in there at that time continues to putrefy. And then where do those gases go? Into the bloodstream



and then the kidneys suppress. The ammonia that is created from that dumps into the bloodstream and then you start having angina pains because it's affecting the heart and you don't know why. It's all emotion tied to physical that sets the stage for disease.

This is something that I really, really want you to understand. And I know that you understand it on a feeling level because is there no one that has never had one of these experiences, never had a feeling? We all are human.

How do you shift, how do you get out of that? How do you deal with that? We all have different personalities and different temperaments, don't we? We have to learn how to use our emotions and to move us beyond it so it doesn't paralyze us and lock us down to where we become incapacitated.

Now every one of you has a feeling and an emotion that no one is exempt of and that's called anger. God gave you that emotion for the reason to compel you into action. Now you will go to some people who will say anger is bad, you need to surrender your anger, it's not good to have anger, and you shouldn't get upset. Has anyone ever been told that? Oh, yes, it's a crock. You learn to own it because God gave it to you. What's important is for you not only to own it, but learn to control it and learn how to use it for you. Let your anger move you into positive action.

I have the personality of a fighter. When I get angry, I want to fight—to take action. And that's how I was raised. I'm grateful for that because if I didn't have that in my personality I wouldn't be here today. I wouldn't have the determination to go beyond the beyond—to go through what I've been through to make the positive changes in my life.

WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS!
101 USES FOR THE YOUNG LIVING ESSENTIAL 7 KIT (SEVENTH INSTALLMENT)

PURIFICATION: An antiseptic blend of Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosemarinus officinalis*), melaleuca (*Melaleuca alternifolia*), lavandin (*Lavandula hybrida*) and myrtle (*Myrtus communis*) formulated for diffusing to purify and cleanse the air and neutralize mildew, cigarette smoke and disagreeable odors.

91. Diffuse Purification oil to help clean the air and neutralize foul or stale odors.
92. Put several drops of Purification oil on a cotton ball and place in the air vents in your home, office, hotel room or other enclosed area to help control odors.
93. While traveling, inhale Purification oil during flights to help protect yourself from pathogens found in the recirculated air.
94. Put a drop of Purification oil on insect bites to help to cleanse and stop the itching.
95. Apply a drop of Purification oil on blemishes to help to clear the skin.
96. Rub a drop of Purification oil on the outside of your throat to soothe when it feels irritated.
97. Rub a drop of Purification oil on a blister to help to cleanse and sanitize.
98. Put two drops of Purification oil on two cot-

ton balls and place in the toes of smelly sneakers to help combat odors.

99. Place a drop of Purification oil on each end of a cotton swab and place on top of your cold water humidifier to help clean the air.

100. Spritze several drops of Purification oil mixed with water to help to repel insects.

101. Apply Purification oil and Peppermint oil diluted with V-6 Vegetable Mixing Oil to a cotton swab and rub just inside the ear to help with ear mites in cats and dogs.

This is our last installment of the 101 Uses of YL Essential Seven Kit. We hope you enjoyed the insightful, practical information.

Remember to always keep a bottle of V-6 Vegetable Mixing Oil, Massage Oil Base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation. Also, keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use. **Remember a little goes a long way! Enjoy!**

Medicine Wheel Consultants, Inc.
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Golden, CO 80401



**Hold on, rough waters ahead!
Be sure to have plenty of YL oils
with you wherever you go!**